

## Sun safety code

- Take care not to burn; this can be in as little as 10 minutes
- cover up with loose clothing. Keep your clothing on so that you do not expose unprotected areas
- wear a wide brimmed hat or a safety helmet with a hanging flap which protects the back of the neck
- wash frequently to remove sweat
- seek shade during the hottest part of the day and take breaks in the shade
- drink plenty of water; in high heat drink 1 cup of water every 15 minutes
- apply high factor sunscreen generously and frequently to any parts of the body exposed to the sun; SPF 15 or above using a type which protects against UVA and UVB
- regularly check skin, look for any changed or newly formed moles or any skin discolouration, especially around the nose and eyes, or on the backs of hands. Consult a doctor if any moles grow, change or start to bleed.



## Who has increased risks of skin damage and skin cancer?

- People with pale skin, fair hair, freckles or a large number of moles
- those with a family history of skin cancer or who have excessive exposure to sunlight or UV light from bright conditions, such as outdoor workers.

## What is heat stress?

**Heat stress** occurs when the body is unable to cool itself by sweating. It can lead to heat exhaustion or heat stroke. Symptoms include:

- headache
- dizziness
- light-headedness
- fainting
- weakness
- moist skin
- mood changes, irritability, confusion
- nausea, vomiting.

## When driving in hot weather:

- check the roadworthiness of the vehicle
- use air conditioning; an outside temperature of 28°C can quickly bring a car's interior to well over 60°C
- park in shaded areas, use a sun shield over the windscreen and cover the metal parts of seat restraints to keep them from becoming too hot
- keep a container of water
- take regular breaks, as concentration levels are likely to drop
- carry moist wipes
- have a mobile phone for emergency calls.

## Did you know?

- **Fact 1:** UV (ultraviolet) radiation from the sun is a major cause of skin cancer.
- **Fact 2:** In the UK over 100,000 people are diagnosed with skin cancer each year and over 2,700 people die from skin cancer.
- **Fact 3:** Employees working outside should consider exposure to UV radiation as an occupational health hazard.
- **Fact 4:** Driving in hot weather can be draining; it is easy to lose concentration, especially if you are driving for long periods.

***“Outdoor workers can experience excessive exposure to the sun’s UV radiation and are therefore more at risk from skin cancer if precautions are not taken”***

## How to treat heat-related illness

- Seek immediate medical attention
- move to a cool shaded area
- loosen or remove heavy clothing
- drink water
- fan and mist with water.

		Temperature (°F)															
		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
Relative Humidity (%)	40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
	45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
	50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
	55	81	84	86	89	93	97	101	106	112	117	124	130	137			
	60	82	84	88	91	95	100	105	110	116	123	129	137				
	65	82	85	89	93	98	103	108	114	121	128	136					
	70	83	86	90	95	100	105	112	119	126	134						
	75	84	88	92	97	103	109	116	124	132							
	80	84	89	94	100	106	113	121	129								
	85	85	90	96	102	110	117	126	135								
	90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127											
100	87	95	103	112	121	132											

### Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

■ Caution  
 ■ Extreme Caution  
 ■ Danger  
 ■ Extreme Danger

### Do you know...?

- where to obtain information and guidance?
- how to seek help and support?

Speak to your health and safety representative of manager.

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